

Basic 1 Instructor Manual Zumba

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Zumba Basic 1 Training with Joseph Dias

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Salsa is a major step in Zumba. Ready to begin? Basic Salsa 1. Stand with both feet together. 2. Step to the right. Bend your knees. 3. Return to the middle. 4. Step to the left. Bend your knees slightly. 5. Return to the middle.

Learn the Basic Zumba Moves : 6 Steps - Instructables

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There are three entry-level Instructor Trainings available to non-Zumba Instructors: Zumba® Basic Level 1, Zumba Jump Start Gold™ and Jump Start Kids & Kids Jr™. The Zumba Basic Level 1 Instructor Training (also known as Zumba Basic) is a high-energy training session where you'll learn the basic Zumba rhythms as well as multiple variations.

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